

Los Angeles County - Commission for Women

COMMUNITY EVENT REPORT

District 3-Commissioner Veda Ward

On Saturday February 11, 2012 the Woodland Hills United Methodist Church Caring and Sharing Outreach Ministry (social action team) co-hosted "*A Very Happy, Healthy, Heart-felt, Valentine's Day Happening*" from 12-noon to 4 pm as one of several community events co-sponsored by the LA County Commission for Women. The event was divided into four components to attract community members with diverse interests. Valentine's Day provided an over-arching theme for the four components.

The first component, **Love Yourself**, focused on Fit 2 a T, a nationally designed program promoting bone health and reducing osteoporosis. A *Powerpoint* presentation along with speaker training protocols, posters, flyers and informational literature to be taken home by participants were provided by the Bone Joint Initiative. This was led by Commissioner Ward followed by a question-and-answer period.

The second component, **Love Your Heart** was held in the Fellowship hall, where participants made healthy tacos from whole wheat tortillas and vegetable filling. Side dishes of fresh fruit and vegetables were provided along with juices and water. This also reinforced February as Women's Heart Month.

The third component, **Love Your Community** was a community service award recognizing the outstanding contributions of Leo T. Fong, creator of the Chi Fung exercise program and video for mature adults which is offered seven times each week at 5 different locations throughout the San Fernando Valley. This routine, which combines light weights, breathing and modified T'ai Chi movements, and can be done standing or seated, attracts male and female participants with a wide range of physical ability, spanning almost 3 decades in age. Fong brought several family members and participants from classes to see him receive his award.

The final component, **Love Others**, was a self-directed activity to make a Valentine's Day card or craft for a family member or friend.

The activity was attended by visiting scholar from Korea, Dr. Nankyung Cho and a student volunteer both associated with Commissioner Ward's *Women, Leisure and Ethnicity* course offered by CSU Northridge in the Recreation and Tourism Management department. Approximately 20 people attended one or more components throughout the gloomy afternoon. The community newspaper, *Valley Vantage*, the church website and flyers were used to promote the event. Several community members had also participated in the June 25, 2011 *Community Health Chat* which was co-sponsored at the same location with the

Santa Barbara District United Methodist Women. This event featured a guest speaker from Africa who spoke about women's health issues in her country, yoga instruction and conversation about local women's health concerns.

Photos were taken at the event, one forwarded to Commission staff and several emails were sent following the event, and are attached to the report, for example:

"I participated in the Fit to a T program this February. I found it to be very informative and well presented. I think it would be of value to many groups.

Sylvia Kay"

The next event will be held in late April, focusing on the topic "Healthy Planet, Healthy Families"; and will build on the Earth Week theme.

(Hard copy attachments)